

SEANCES NATATION SEMAINE 09

SEANCE1 N1 :3400 N2 ;2800 N3 :2300

Echauff:200(50c50d50c50b) 200 (75c 25batt) 200b(25nc 25bras)

N1 12x50 c nc n2 10x n3 8x (25 zone3 25 sprint r15'')

N1 300 n2 n3 200 jambes palmes (75ventral 25 dos)

100 souple

N1 800 c pull 4x200 c pull plaquet zone 3 r 20''

N2 600 idem 3x200 idem

N3 400 2x200 idem

200 souple recup